



Yshkeyna Hamilla

CHAKRA Centers Chart, Rainbow: Body-Mind-Spirit Connections, by Inner Light Resources



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8. Also a visualization exercise and instructions with methods to clearing and balancing the Chakras.,2-sided,laminated. The only real vivid, complete Rainbow coded and comprehensive Chart illustrating and describing the Mental, Emotional, Spiritual, and other qualities associated with the 7 Chakras. Also contains leading-edge Addictions information connected with all of the Chakras. This Internal Light Resources Chakra chart (and Internal Light's Reflexology, Aromatherapy, Iridology, and other charts) are used by massage colleges, Reiki teachers and other healers over the U.S. and additional countries for teaching and healing procedures. Color illustrations make it easy to understand also for novices. Additional illustrations of your body's and physical, mental, psychological, and causal electrical field layers and the higher self. Probably the most comprehensive chart available anywhere.5 x 11 in. Includes everything from A to Z- Gemstones, Musical notes, Foods, Planets, Aromatherapy Essential oils, Kabbala correlations, and far, much, more.



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Easy and rather brilliant in its setup of the chakra points that following a while fits up as if a table of the elements. This is as easy as it gets in understanding Chakra points without reading a couple of hundred pages. I held it on my desk for a while, studying it every time I sat to write and read. Every time I offered the chart deeper research and more expansive thought. Good info. Good info. Will be buy more for my practice space. It also will go well with Tibetan singing dishes of the seven holy metals so you are able to encounter each chakra stage as yoga posture, meditation and sound. Very nice chart I love this chart. Excellent Chakra chart which not only highlights the chakras and describes in very good details for a chart, but also discusses conditions that result from imbalance. Nice larger size. Lamented I really desire it was just a little bigger.. Specifically designing the text to switch from dark to white or another color in the center of a word that was overlaid on a graphic was, at greatest, distracting. This fantastic chart covers the physical areas and glands of each energy middle and the mental, emotional, strengths and blocks of every energy center. Really cool, but includes a lot of abbreviations about words. In addition, it explains this is of Chakra in Sanskrit is "Wheel." Despite the fact that some of the writing was very small; even so, this chart provides a summary of essential information for anyone who is into Chakra healing methods. I have been practicing a few of the techniques. Rating: 4 Stars. Joseph J. Truncale (Author: Seated/Seat Tai Chi, Qigong, and H Yoga for seniors and for the physically challenged). Great reference tool to have readily available Love this so much. I really do energy recovery and chakra work and this chart makes it easy to research things. I've recently added essential natural oils and looking up the centres of the chakra is easier and faster for me now. For me, it wasn't value spending the time to try to make heads or tails of it. Also, an excellent chart to instruct you about the chakras, connections, colours and even more. How could I not recommended this to anybody looking at bringing better health to specific factors of the body? Great summary sheet This gives a quick reminder and really helps to memorize the core concepts. I could take this with me anywhere, therefore i use it when I instruct meditation classes or as a quick reminder when my memory space fails me! The back side goes into greater detail on each chakra color and location. Nevertheless, I'll never know, since the chart graphics were so badly designed most of it was very hard to read.. Really cool, but includes a lot of abbreviations about words in order that everything can fit. Nevertheless, it is tough to read as the print is small. Maybe they should give the option of two split linens, or one that's double sided. Very nice chart, Shares a whole lot of information regarding the Chakra system. This is a great chart for reviewing the role the Chakras play inside our total health issues. I recommend this for all chakra levers. Excellent chart, Shares a whole lot of information regarding the . This is a good reference chart if you are into learning about the role our Chakra plays inside our health.. Chakra chart Like the colorful chakra chart. In addition, it is two sided, simply wish that it was two separate bedding, because if someone was going to screen both sides on a wall, or something they'd have to buy two. I must use a magnifier to assist. The product would become better if its size were bigger. Or that the wording was bigger.. Despite the fact that I had read several books about Chakras I made a decision to purchase this fantastic full color (Rainbow Chakra Center: Body-Mind-Spirit) chart. It's a great reference tool this chart. This one's going in the trash. Good info Very informational, great to have mainly because a point of reference Very helpful! A nice visual guide to my work! Love it. Highly recommend Really handy reference and learning chart. Great item, highly recommended. Great resource but I recommend it to be bigger. Happy with this. Poorly designed graphics with unreadable text Information may be useful and comprehensive. Great chart of chakra centers, great reference. Having a wallet or pocket sized will be wonderful. Overall it's helpful but it can be improved. Now

it really is in my own meditation and yoga section of the house therefore i can research and work three different factors each session. Nice Nice



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